WESLO®

CADENCE

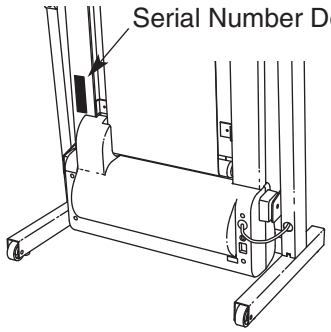
50

ONE TOUCH SPEED

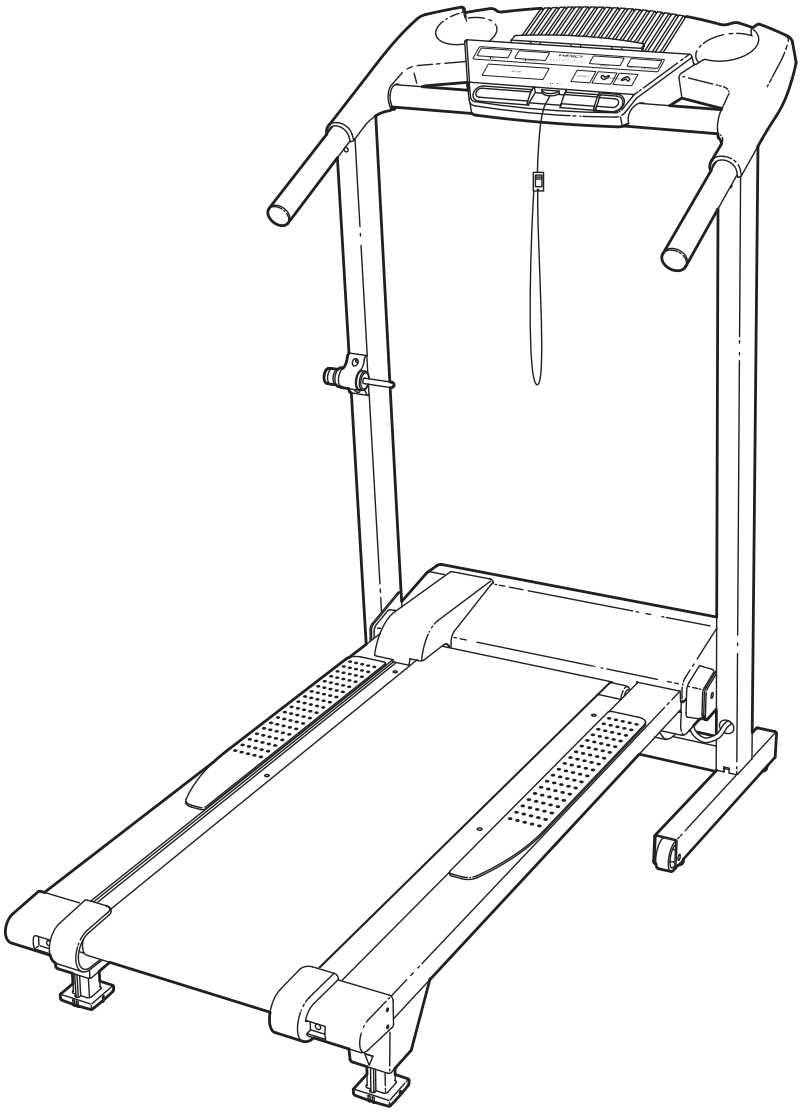
ONE TOUCH SPEED

Class H Fitness Product

Model No. WETL10131
Serial No. _____



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.iconeurope.com

WESLO®

CADENCE

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Note: An EXPLODED DRAWING and a PART LIST are attached in the centre of this manual.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described in this manual.**
3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should not be used by persons weighing more than 115 kg (250 lbs.).**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
11. **If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).**
12. **Keep the power cord away from heated surfaces.**
13. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)**
14. **Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.**
15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
16. **Never leave the treadmill unattended whilst it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**
17. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6 and HOW TO FOLD AND MOVE THE TREADMILL on page 13.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**
18. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**
19. **Do not change the incline of the treadmill by placing objects under the treadmill.**
20. **Inspect and properly tighten all parts of the treadmill regularly.**
21. **Never drop or insert any object into any opening.**

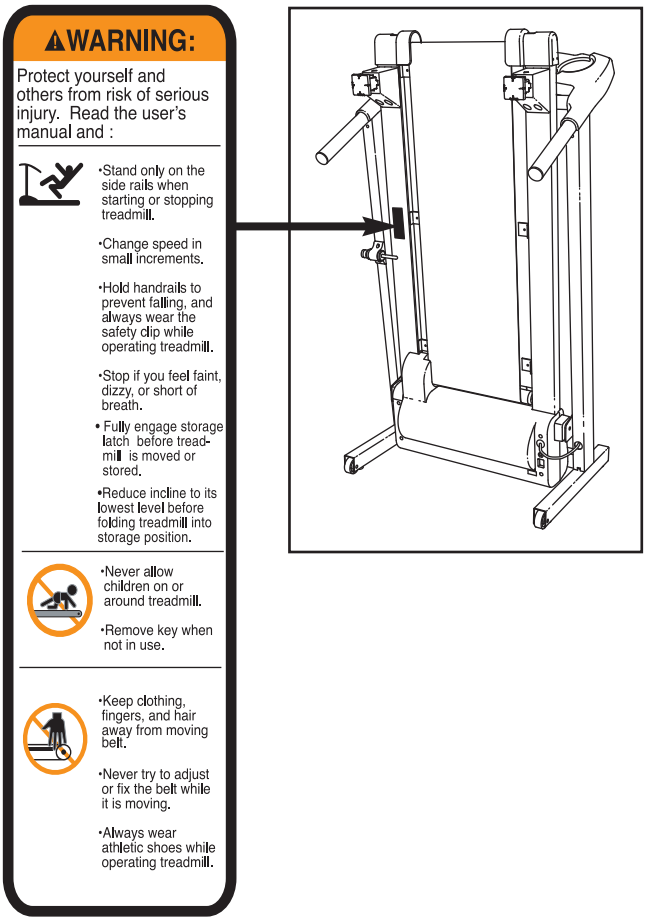
22. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.**

23. **This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.**

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the replacement decal in the location shown.

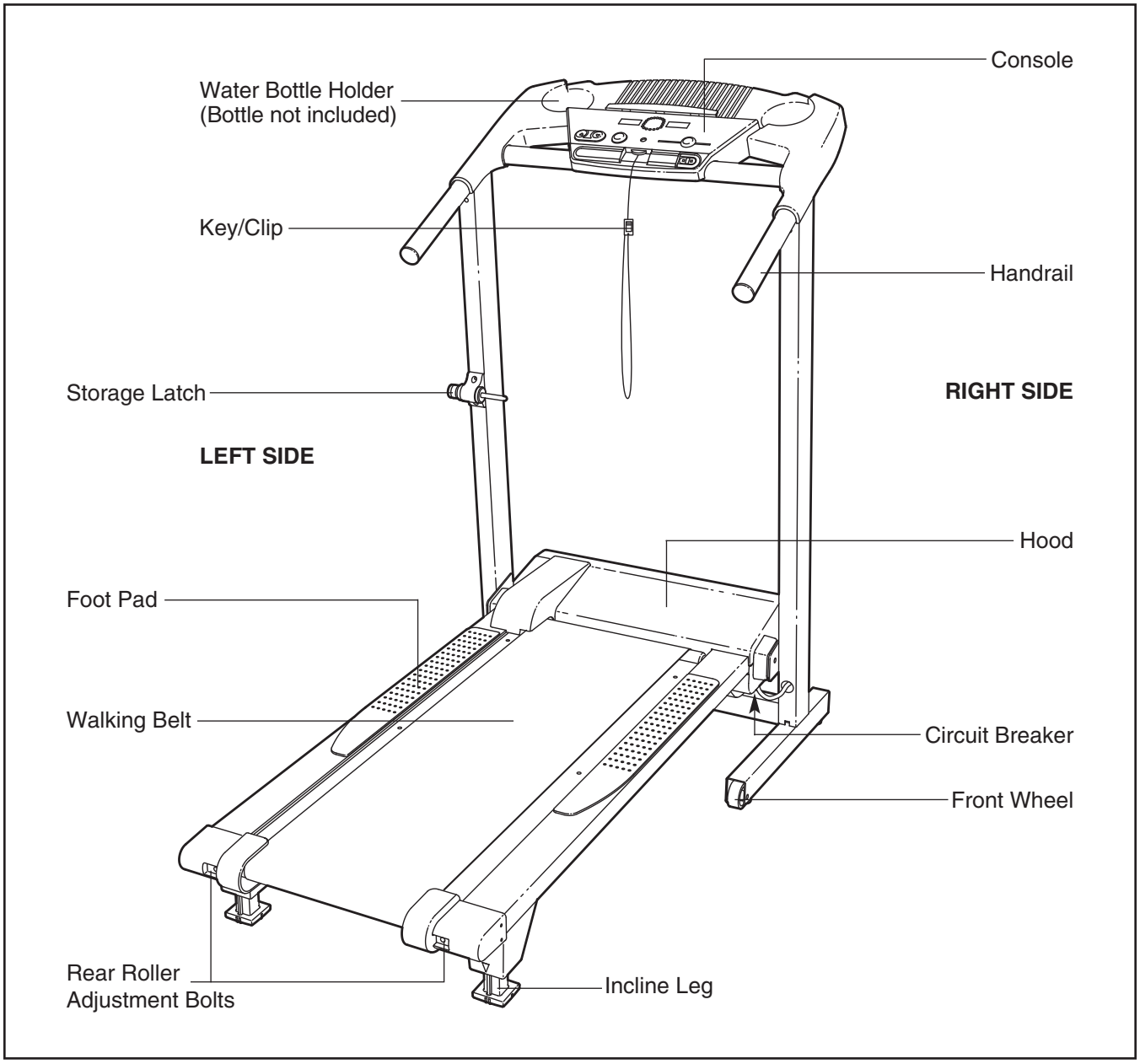

⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

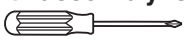
Thank you for selecting the WESLO CADENCE® 50 treadmill. The CADENCE 50 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE 50 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WETL10131. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location of the decal).

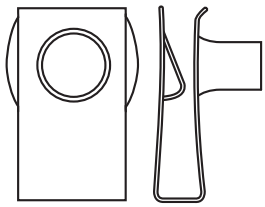
Before reading further, please review the drawing below and familiarise yourself with the labelled parts.

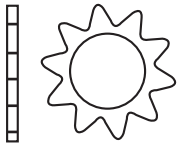


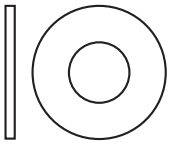
ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed. Assembly requires the included hex key and your own phillips screwdriver**  **and adjustable spanners** **.**

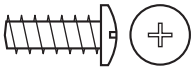
For help identifying the assembly hardware, refer to the drawings below. **Note: The assembly hardware and other small parts are packaged in separate part bags. Do not open the part bags until instructed to do so.**

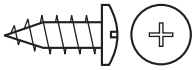

U-nut (105)–4

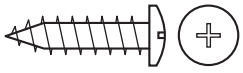

3/8" Star Washer (45)–2

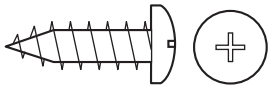

5/16" Washer (31)–4

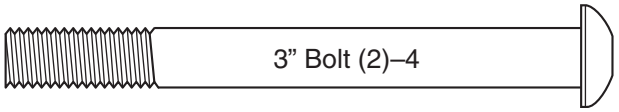
1/4" Washer (107)–4

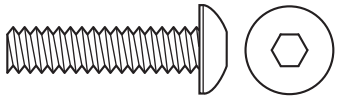

Silver Ground Screw (87)–1

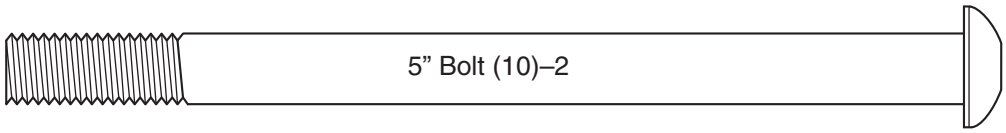

1/2" Screw (84)–2


3/4" Screw (90)–10


Crossbar Screw (69)–2


3" Bolt (2)–4


1" Bolt (12)–4

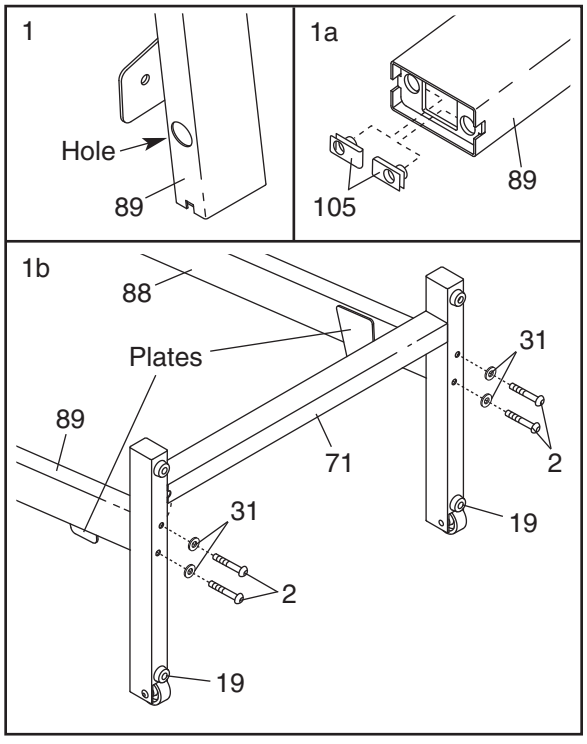

5" Bolt (10)–2

⚠ WARNING: Do not plug in the power cord until the treadmill is completely assembled.

1. **Open part bag A.** Identify the Right Upright (89), which has a large round hole near the lower end.

   See drawing 1a. Slide two U-nuts (105) into the lower end of the Right Upright (89) as shown. **Insert two U-nuts into the Left Upright (not shown) in the same way.**

   See drawing 1b. Attach the Left and Right Uprights (88, 89) to the Base (71) with four 3" Bolts (2) and four 5/16" Washers (31). **Make sure that the Uprights are oriented so the indicated plates are facing each other. In addition, make sure that the Base is oriented so the Base Pads (19) are in the location shown.**

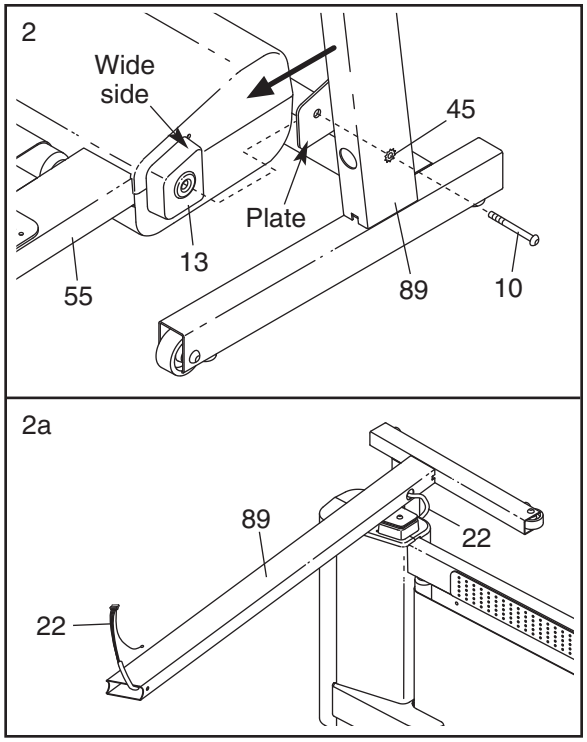


2. **Open part bag B.** Press the Right Frame Spacer (13) and the Left Frame Spacer (not shown) onto the sides of the Frame (55) as shown. **Make sure that the high side of each Spacer is facing forward as shown.** With the help of a second person, carefully lift the Frame and hold the Spacers between the plates on the Uprights (89).

   Align the hole in the plate on the Right Upright (89) with the hole in the Right Frame Spacer (13). Loosely thread a 5" Bolt (10) and a 3/8" Star Washer (45) into the Spacer and the Frame (55). **Repeat this step on the left side of the treadmill.**

   See drawing 2a. With the help of a second person, carefully tip the treadmill onto its left side as shown.

   Feed the Wire Harness (22) into the large round hole near the lower end of the Right Upright (89), and then pull the Wire Harness out of the upper end as shown.

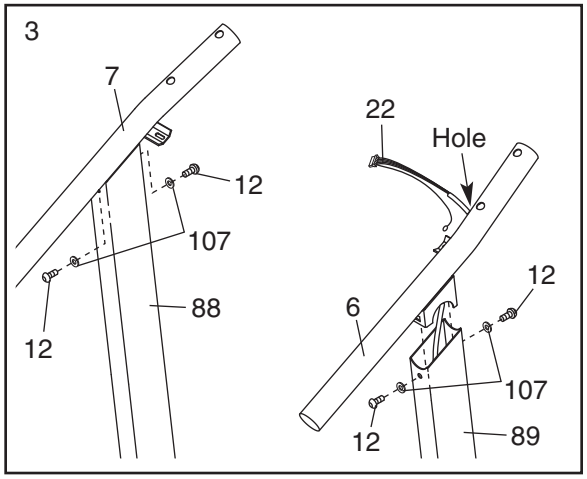


3. **Open part bag C.** With the help of a second person, raise the Left and Right Uprights (88, 89) to the vertical position.

   Identify the Right Handrail (6), which has a large hole in the left side. Feed the Wire Harness (22) into the rectangular bracket on the Right Handrail and out of the large hole. Note: It may be helpful to use needlenose pliers to pull the Wire Harness out of the hole.

   Insert the rectangular bracket on the Right Handrail (6) into the right Upright (89). Attach the Right Handrail with two 1" Bolts (12) and two 1/4" Washers (107) as shown. **Do not tighten the Bolts yet.**

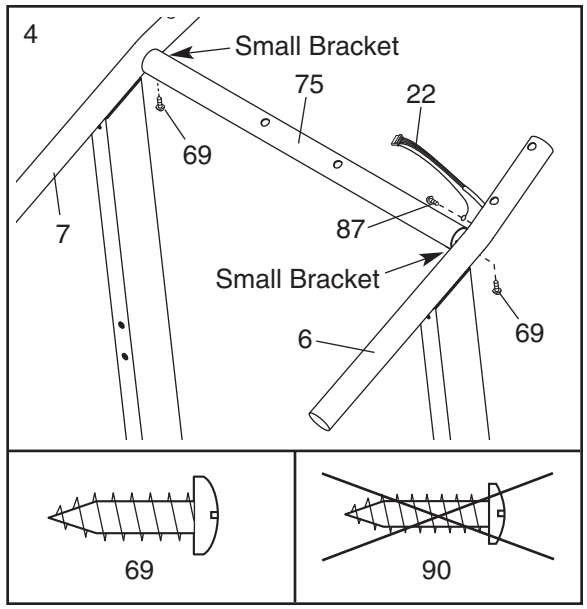
   Attach the Left Handrail (7) as described above. Note: There is not a wire harness on the left side.



4. See the inset drawings and identify the two Crossbar Screws (69); **be careful not to confuse the Crossbar Screws with the 3/4" Screws (90).**

   Hold the Crossbar (75) on the small brackets on the Handrails (6, 7). Attach the Crossbar to the small brackets with the two Crossbar Screws (69). **Do not tighten the Crossbar Screws yet.**

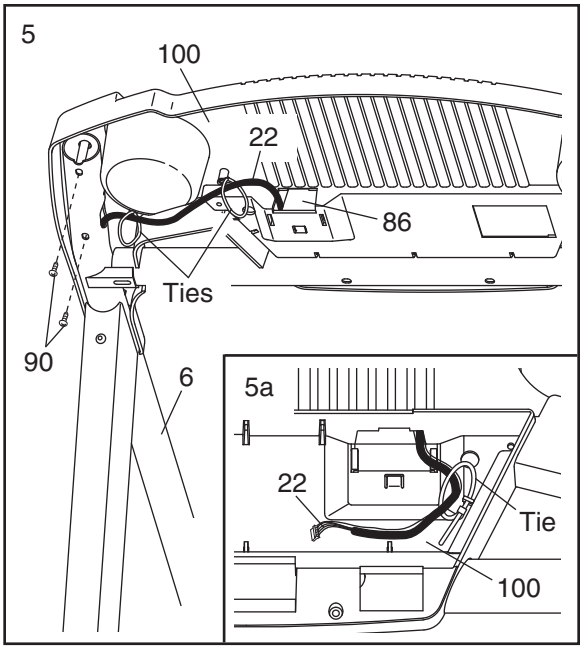
   Attach the end of the ground wire to the small hole in the side of the Right Handrail (6) with a Silver Ground Screw (87).



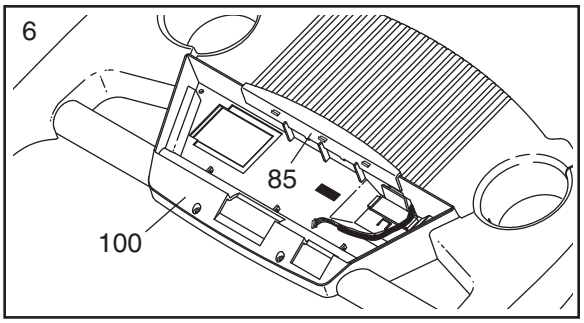
5. **Open part bag D.** Place the Console Base (100) on the Right Handrail (6) and the Left Handrail (not shown). Attach the Console Base with four 3/4" Screws (90) (only two Screws are shown). **Do not tighten the Screws yet.**

   Insert the Wire Harness (22) through the two indicated plastic ties on the Console Base (100). Next, insert the Wire Harness up through the opening beside the Wire Cover (86). Make sure that the Wire Cover is securely attached to the Console Base.

   See drawing 5a. Look at the top of the Console Base (100). Insert the Wire Harness (22) through the plastic tie on top of the Console Base.

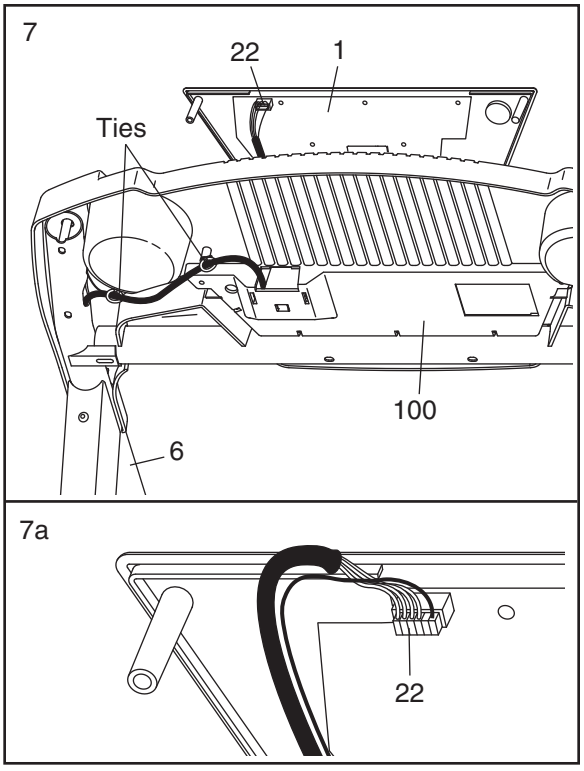


6. Press the Book Rack (85) onto the Console Base (100) in the location shown.



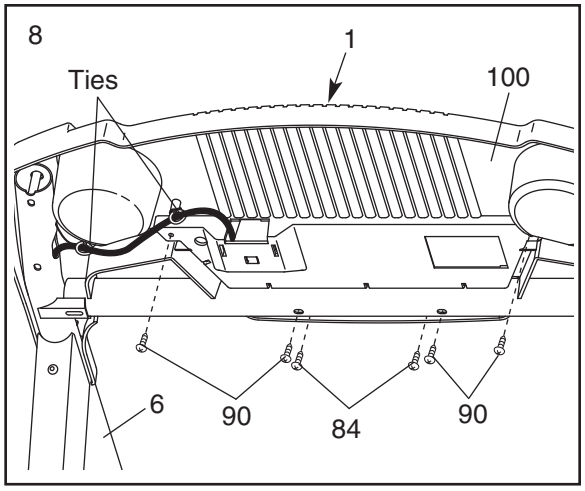
7. Hold the Console (1) near the Console Base (100). **Touch the Right Handrail (6) to discharge any static.** Find the connector on the end of the Wire Harness (22). Insert the connector into the red socket beneath the Console. **The connector should slide easily into the socket and snap into place. If the connector does not slide easily and snap into place, turn the connector and then insert it.** Make sure that the connector and wires appear as shown in drawing 7a.

   See drawing 5a. Insert the excess Wire Harness (22) down into the opening in the Console Base (100). **Securely tighten the plastic tie on top of the Console Base to prevent the Wire Harness from slipping.** Then, cut off the end of the plastic tie.



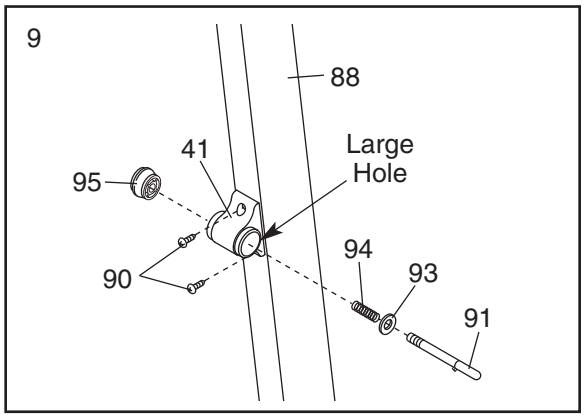
8. Set the Console (1) on the Console Base (100). Insert the excess Wire Harness (22) into the large hole in the side of the Right Handrail (6). **Securely tighten the plastic ties on the bottom of the Console Base to prevent the Wire Harness from slipping.** Then, cut off the ends of the plastic ties.

   Attach the Console (1) to the Console Base (100) with four 3/4" Screws (90) and two 1/2" Screws (84). **Start all six Screws before tightening them; do not overtighten the Screws.**



9. Attach the Latch Housing (41) to the Left Upright (88) with two 3/4" Screws (90). Remove the Latch Knob (95) from the Latch Pin (91). Make sure that the Latch Pin Collar (93) and the Spring (94) are on the Latch Pin as shown. Insert the Latch Pin into the Latch Housing, and tighten the Latch Knob onto the Latch Pin.

   Lift the treadmill frame to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 13). Make sure that the frame is centered between the Handrails (not shown). **Firmly tighten all of the bolts and screws used in assembly steps 2, 3, 4, 5, and 8.** Then, lower the frame to the floor.



10. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place. The large hex key is used to adjust the walking belt (see page 16). To protect the floor or carpet, place a mat under the treadmill.

    Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

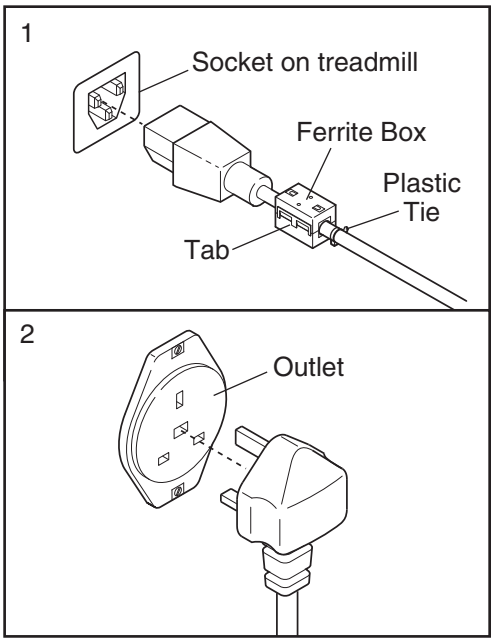
Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

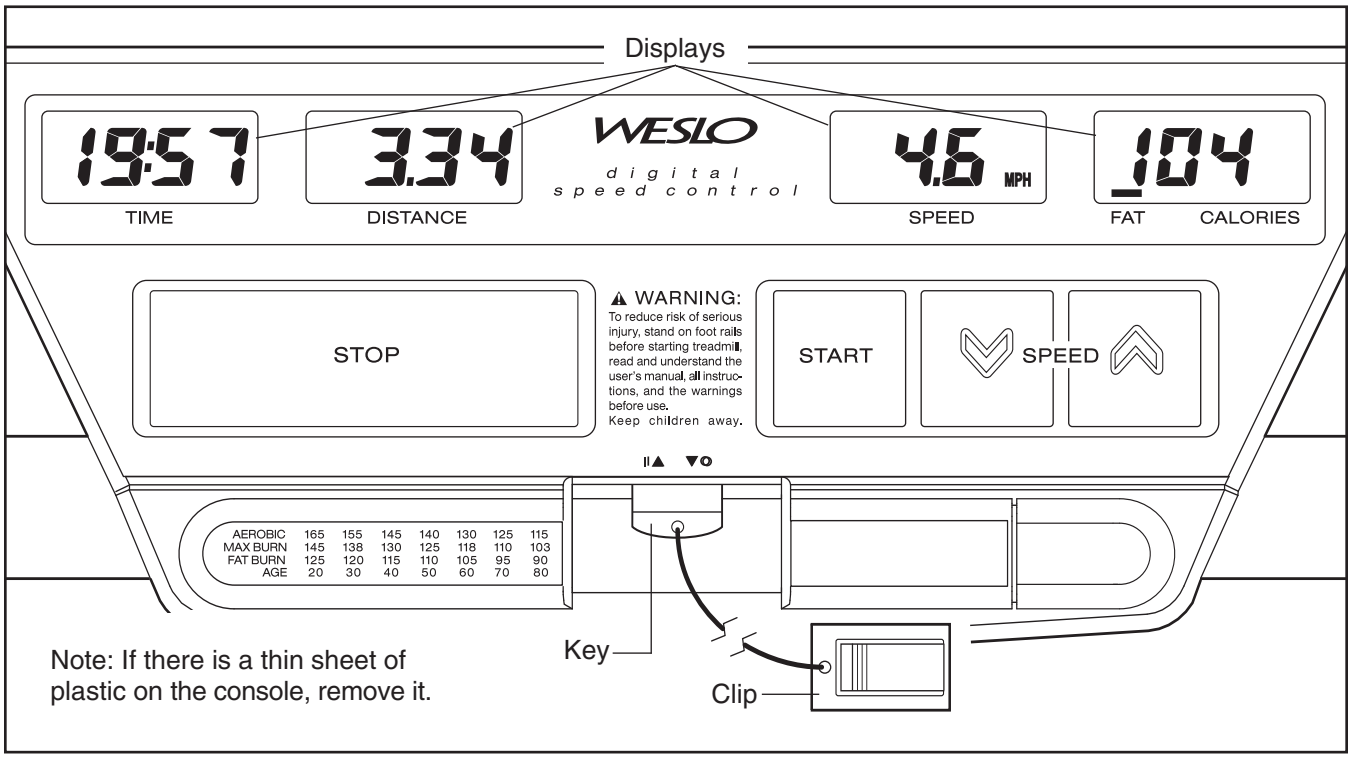
Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. Next, lift the tab on the ferrite box and clamp the ferrite box around the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. This will prevent the ferrite box from sliding along the power cord. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.



⚠DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM



⚠ CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing above) while operating the treadmill.**
- **Adjust the speed in small increments to avoid sudden jumps in speed.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.**

STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 10).

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes.

Insert the key fully into the console. After a moment, the displays will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

Follow the steps below to operate the console.

1 Insert the key fully into the console.

A few seconds after the key is inserted, the displays will light.

2 Press the Start button or the Speed △ button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. **Note: The console can display speed and distance in either miles or kilometers (see SPEED DISPLAY on page 12). For simplicity, all instructions in this section refer to miles.**

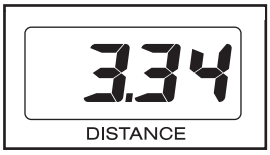
To stop the walking belt, press the Stop button. The elapsed time will begin to flash in the Time display.

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align it if necessary (see page 16).

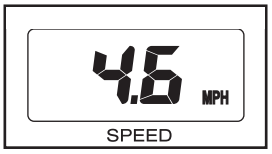
3 Follow your progress with the four displays.

Time display—This display shows the elapsed time. When the Stop button is pressed, the elapsed time will flash.

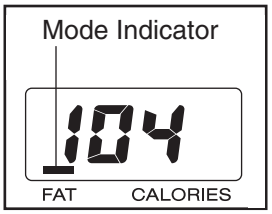
Distance display—This display shows the distance that you have walked or run.



Speed display—This display shows the speed of the walking belt.



Fat Calories/Calories display—This display shows the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 17). The display will change from one number to the other every few seconds, as shown by the mode indicators.



Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a moment. An "E" for English miles or an "M" for metric kilometers will appear in the Fat Calories/Calories display. Press the Speed △ button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

4 When you are finished exercising, remove the key.

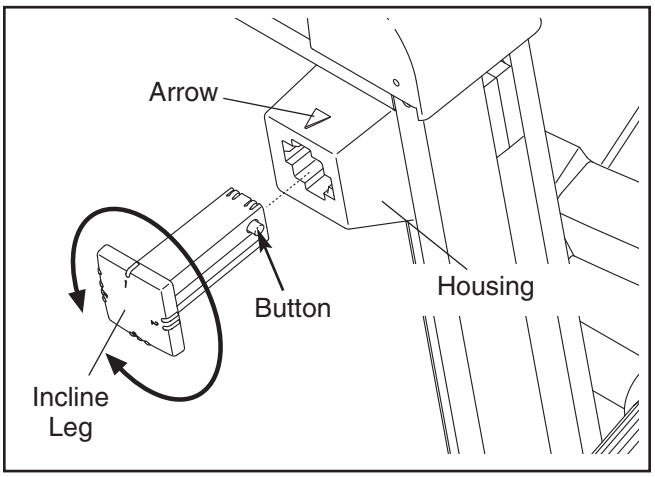
Step onto the foot rails, press the Stop button, and remove the key from the console. Keep the key in a secure place.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are four incline levels. **Before changing the incline, remove the key and unplug the power cord.**

Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 13).

To change the incline, first pull one of the incline legs



out of its housing as shown at the right. Rotate the incline leg to a different position and press in on the indicated button as you reinsert the incline leg. An arrow on the housing will point to one of four numbers on the bottom of the incline leg. Position 1 is the lowest incline level, and position 4 is the highest. **Adjust the other incline leg in the same way. CAUTION: Before using the treadmill, make sure that both incline legs are in the same position.**

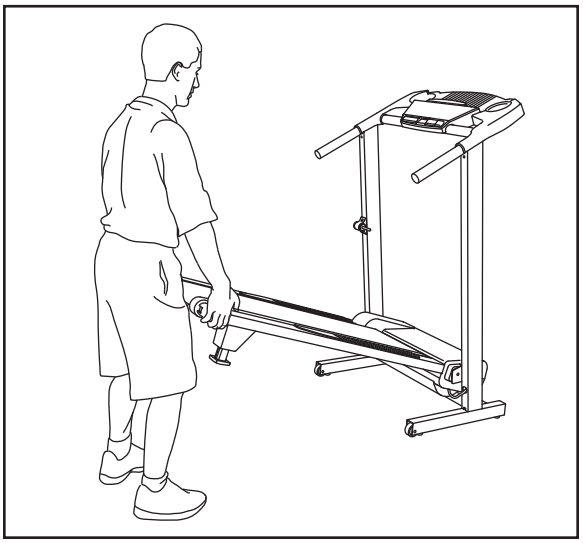
After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 14).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

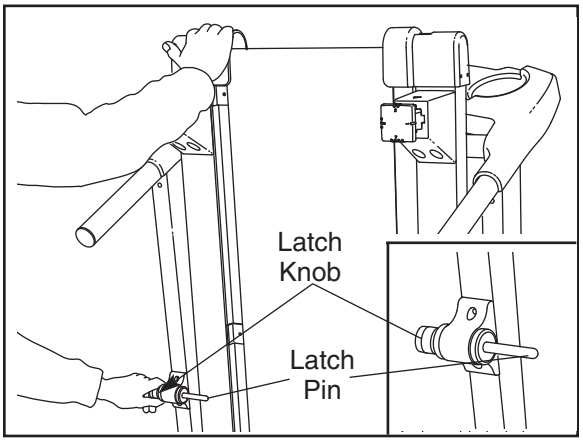
Unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the frame passes the latch pin. Slowly release the latch knob. **Make sure that the frame is securely held by the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



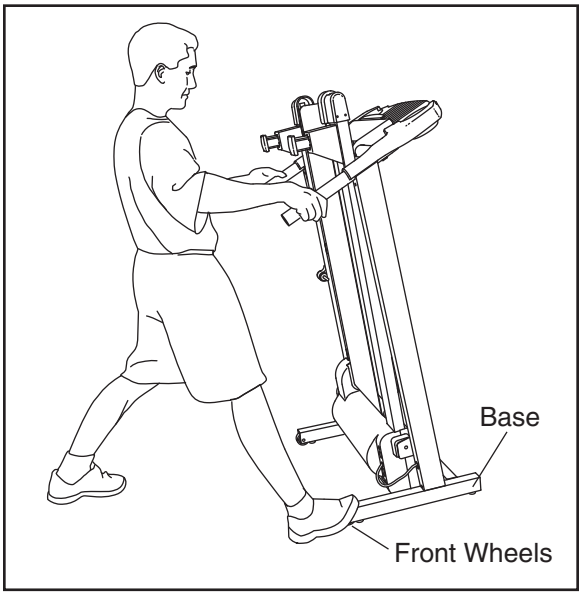
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the handrail and locked into place as described above.**

1. Hold the handrails and place one foot on the base as shown.

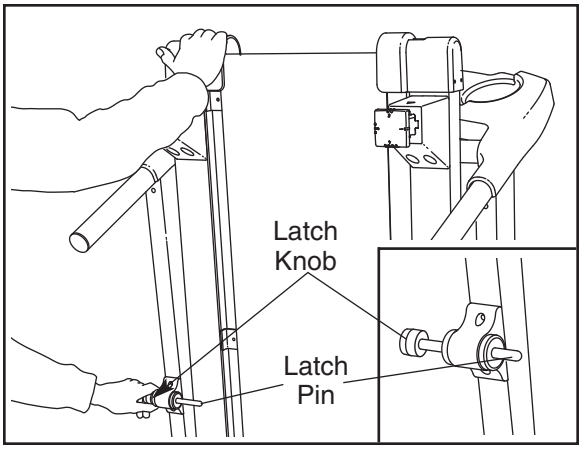
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

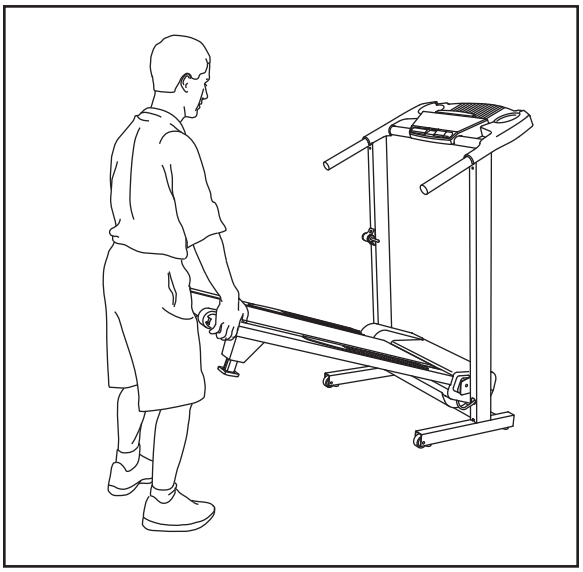


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



MAINTENANCE AND TROUBLESHOOTING

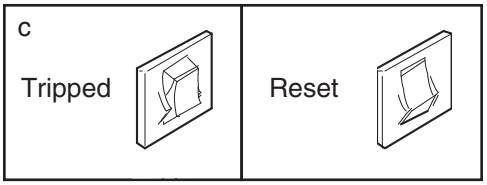
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 10.) If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

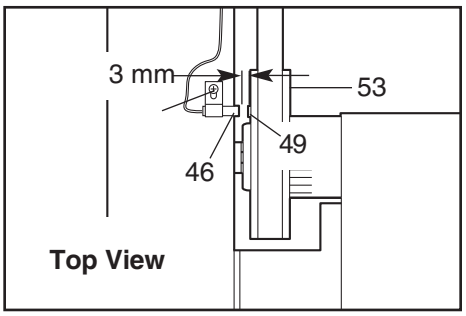
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood, and carefully remove the hood.

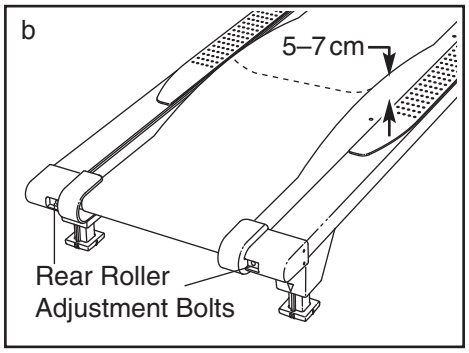
Locate the Reed Switch (46) and the Magnet (49) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (26) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

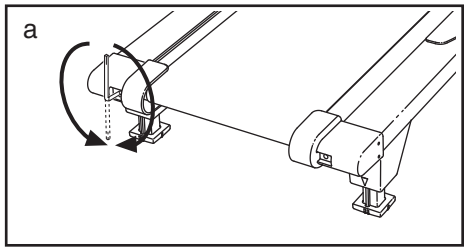
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



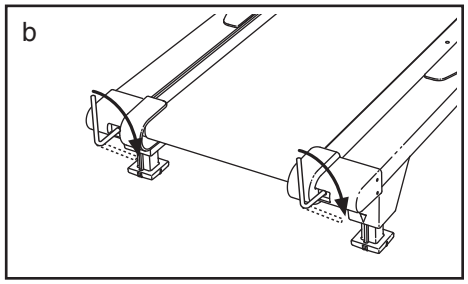
c. If the walking belt still slows when walked on, please call our Customer Service Department.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. If the walking belt is off-centre, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

AGE	20	30	40	50	60	70	80
MAX	165	155	145	140	130	125	115
bpm	145	138	130	125	118	110	103
MIN	125	120	115	110	105	95	90

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

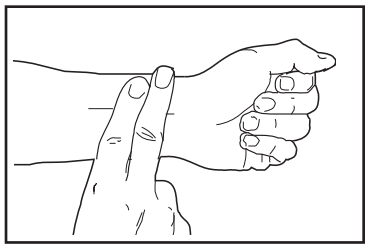
Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A Warm-up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see SUGGESTED STRETCHES on page 18).

Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down

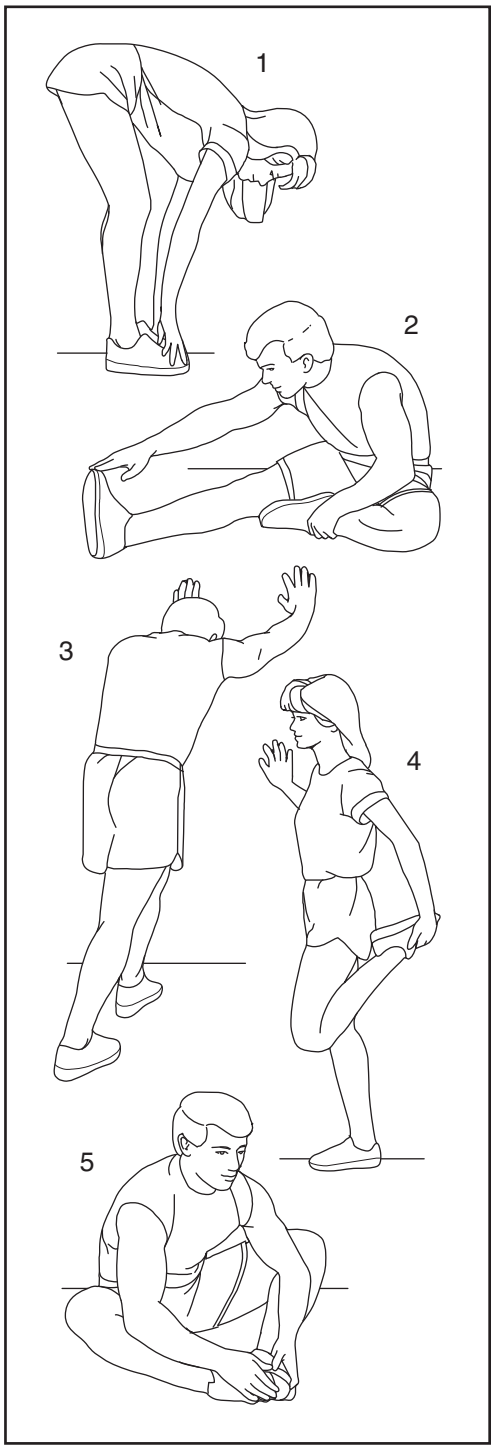
Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

NOTES

ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Beeston
Leeds, LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (444) 113 387 7133
Fax: 0 (444) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WETL10131)
- the NAME of the product (WESLO® CADENCE 50 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

Part No. 197481 R1003A
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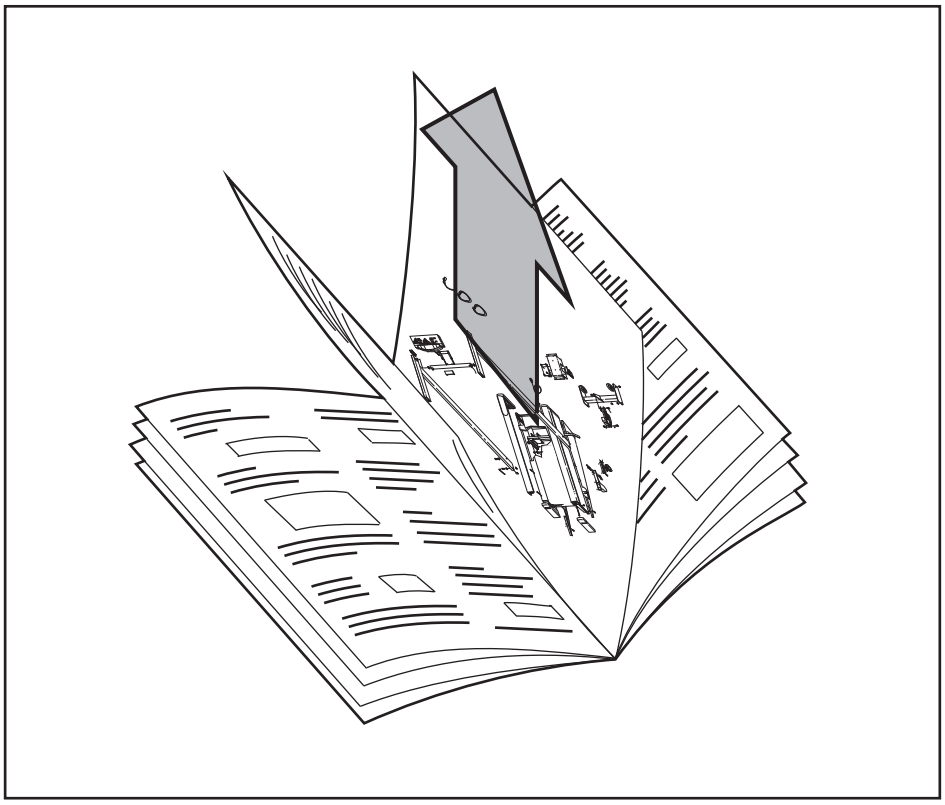
REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL.

Save this page for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

PART LIST—Model No. WETL10131

R1003A

Key No.	Qty.	Description
1	1	Console
2	4	3” Bolt
3	1	Key/Clip
4	1	Left Frame Spacer
5	12	Electronics Screw
6	1	Right Handrail
7	1	Left Handrail
8	1	Battery Cover
9	2	Motor Tension Bolt
10	2	5” Bolt
11	2	3/8” Washer
12	4	1” Bolt
13	1	Right Frame Spacer
14	2	Wheel Bolt
15	2	Wheel
16	2	Base Endcap
17	1	Warning Decal
18	1	Upright Grommet
19	4	Base Pad
20	4	Belly Pan Screw
21	1	Large Warning Decal
22	1	Wire Harness
23	1	Hood
24	10	Hood Screw/Clamp Screw
25	1	Belly Pan
26	4	Small Screw
27	2	Belt Guide
28	2	Roller Spacer
29	1	Receptacle
30	1	Circuit Breaker
31	4	5/16” Washer
32	1	Controller Bracket
33	1	Filter
34	1	Choke
35	1	Controller
36	1	Motor Pivot Bolt
37	1	Foot Pad (Left)
38	1	Motor Tension Nut
39	1	Star Washer
40	1	Motor Tension Washer
41	1	Latch Housing
42	2	Wheel Nut
43*	1	Motor Assembly
44	1	Euro Power Cord Set
45	2	3/8” Star Washer
46	1	Reed Switch
47	1	Wire Tie Clamp
48	1	Reed Switch Clip
49	1	Magnet
50	1	Belt
51	2	Roller Adj. Bolt
52	6	Platform Screw
53	1	Front Roller/Pulley
54	1	Foot Pad (Right)
55	1	Frame
56	1	Walking Belt
57	1	Walking Platform
59	1	Ground Screw
60	1	Ground Wire
61	5	8” Cable Tie
62	1	Ferrite Box
63	2	Incline Leg
64	2	Incline Leg Housing
65	4	Incline Leg Screw
66	2	Roller Adj. Washer
67	2	Frame Endcap
68	6	Endcap Screw
69	2	Crossbar Screw
70	4	Cage Nut
71	1	Base
72	1	Rear Roller
73	4	Base Pad Screw
74	1	Hex Key
75	1	Crossbar
76	1	Ground Screw
77	1	Ground Star Washer
78	1	Ground Nut
79	3	Nylon Washer
80	2	1 1/2” x 3” Plate
81	1	Motor Pivot Sleeve
82	2	Motor Pivot Bushing
83	2	Handrail Endcap
84	2	1/2” Screw
85	1	Book Rack
86	1	Wire Cover
87	1	Silver Ground Screw
88	1	Left Upright
89	1	Right Upright
90	10	3/4” Screw
91	1	Latch Pin
92	1	Latch Pin Clip
93	1	Latch Pin Collar
94	1	Latch Spring
95	1	Latch Knob
96	1	Latch Pin Assembly
97	4	Plastic Standoff
98	1	Power Board
99	1	Warning Decal
100	1	Console Base
101	1	Flywheel
102	1	Motor
103	1	Motor Controller Wire
104	1	On/Off Switch
105	4	U-nut
106	1	Hole Plug
107	4	1/4” Washer
#	1	14” Blue Wire, 2F
#	1	8” Blue Wire, 2F
#	1	4” Blue Wire, 2F
#	1	4” Blue Wire, M/F
#	1	10” White Wire, 2F
#	1	8” White Wire, 2F
#	1	4” White Wire, 2F
#	1	4” White Wire, M/F
#	1	12” Green/Yellow Wire, F/Ring
#	1	4” Green/Yellow Wire, F/Ring
#	1	4” Black Wire, 2F
#	1	User’s Manual

* Includes all parts shown in the box

These parts are not illustrated

EXPLODED DRAWING—Model No. WETL10131

R1003A